# A Doctor's First Question Is.

LIEUT. G. W. VAUGHAN

muscles to do their work naturally

are always guaranteed or money will

Families wishing to try a free sam-

Never Too Late.

Year's resolutions the other day in

Acting Right or If Back Hurts or

Bladder Bothers You:

ing too much meat says a well-known

authority. Meat forms uric acid which

overworks the kidneys in their effort

to filter it from the blood and they be-

come sort of paralyzed and loggy.

When your kidneys get sluggish and

clog you must relieve them, like you

relieve your bowels; removing all the

body's urincus waste, else you have

backache, sick headache, dizzy spells;

your stomach sours, tongue is coated,

and when the weather is bad you have

cloudy, full of sediment, channels oft-

obliged to seek relief two or three

cian at once or get from your pharma-

This famous salts is made from the

acid of grapes and lemon juice, com-

bined with lithia, and has been used

acids in the urine so it no longer irri-

Jad Salts is a life saver for regular

meat eaters. It is inexpensive, cannot

injure and makes a delightful, effer-

"How's everything in your house?"

"Oh," replied Brown, "she's all

For Constipation, Biliousness and Indiges-

Sacrificed.

Ethel-So Kate is finally married.

Marie-She didn't. She was shoved

Only One "BROMO QUININE"

The Property.

Kriss-The Browns are divorced.

Speaking Lines.

"Her wrinkles."-Stray Stories.

"Who go Miss Antique away

Before we censure a man for seem-

Nothing venture, nothing have-ex-

ing to be what he is not, we should be

off by three younger-sisters.

til the goods wear out. Adv.

when she finally got married?"

sure to know what he is.

cept trouble

car?-Town Topics.

vescent lithia-water drink.—Adv.

asked Smith.

right.'

tion. Adv.

tates, thus ending bladder weakness.

times during the night.

Rev. Madison Peters said of New

be refunded.

Brooklyn:

off hopefully.

realize the truth."

"How are Your Bowels?" A Simple Remedy that Guarantees Good Bowel Action.

Trace the origin of the commoner ills of life and almost invariably you will find that constipation was the cause. It is not to be expected that a mass of fermented food can remain in the system beyond its time without vitiating the blood and affecting the nerves and muscles. It congests the entire body.

The results are colds, fevers, piles; headaches, and nervousness, with its accompanying indigestion and. sleeplessness. There is only one thing to do, and that is to remove the trouble; and when nature seems unable to do it, outside aid is necessary. You will and purgatives, for while these do but find the best of all outside aids a rem- temporary good, Syrup Pepsin cures edy that many thousands are now using for this very purpose, called Dr. is to train the stomach and bowel Caldwell's Syrup Pepsin. Many hundreds of letters are received by Dr. again, and in a short time all forms of Caldwell telling of the good results medicine can be dispensed with. It obtained, and among the enthusiastic can be bought without inconvenience letters is one from Lieut. G. W. at any nearby drug store for fifty Vaughan, of 623 W. North St., Decatur, cents and one dollar a bottle, the latter Ill. He is 72 and has had a bad liver size being regularly bought by those and stomach since he came out of the who already know its value. Results army. He says he tried about everything, but never succeeded in getting permanent relief until he took Dr. Caldwell's Syrup Pepsin. He is never

is never without good health. It has untold advantages over pills, salts and the various coarse cathartics | it will do.

He Knew Him Wall. "What's the trouble, John?" "Why, sir, here's a note from Mr. Mahlstick, in which he tells me tha' he is off on a little trip and he wants me to send his drawing materials

without a bottle in the house, and he

"Well, and isn't that plain enough?" "Hardly, sir. I don't think, sir, that you know Mr. Mahlstick. I don't know whether to send his paints and brushes or only & corkscrew."—Stray Stories.

### TAKES OFF DANDRUFF HAIR STOPS FALLING SALTS IF BACKACHY OR

Girls! Try This! Makes Hair Thick Glossy, Fluffy, Beautiful-No More Itching Scalp.

Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first-yes-but really new hair-growing all over the

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing-your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance.

Get a 25 cent bottle of Knowlton's Danderine from any store, and prove injured by careless treatment-that's all-you surely can have beautiful hair and your kidneys will then act fine. and lots of it if you will just try a little Danderine. Adv.

What It Means. Hip-What does it mean to say that a girl is as pretty as a picture? Hop-Merely a frame of mind. Michigan Gargoyle.

Alabama Man Says Tetterine Cures Eczema.

Morvin, Ala., August 1, 1908.

I received your Tetterine all O. K. I have used it for Eczema and Tetter, Ringworms, Old Sores and Risings and can gladly recommend it as a sure cure.

J. R. DeBride. J. R. DeBride.

Tetterine cures Eczema, Tetter, Bolls, Ring Worm, Dandruff, Cankered Scalp, Bunions, Itching Piles, Chilbiains and every form of Scalp and Skin Disease. Tetterine 50c: Tetterine Soap 25c. At druggists or by mail direct from The Shuptrine Co., Savannah, Ga.

With every mail order for Tetterine we give a box of Shuptrine's 10c Liver Pills free. Adv.

Motor Circles. "Do they move you in a circle." "By no means. We have a six-cylinder car. They move in a four-cylin-

der set." RUB-MY-TISM

Will cure your Rheumatism and all kinds of aches and pains-Neuralgia, Cramps, Colic, Sprains, Bruises, 'Cuts Old Sores, Burns, etc. Antiseptic

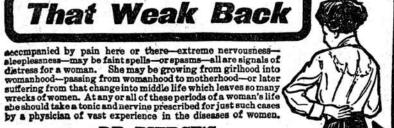
Anodyne. Price 25c .- Adv. A Gastronomic Test. "That girl's a peach!"

"Sure! She's sweet enough to eat." -Baltimore American. Deep cuts should be healed by Han-

ford's Balsam. Adv. The Obstacle.

"Can't you pull some wires to get an interest in that company? "No; it's a wireless company."

The road to hell is paved with good intentions and the pavement makes





has successfully treated more cases in past forty years than any other known remedy. It can now be had in sugar-coated, tablet form as well as in the liquid. Sold by medicine dealers or trial box by mail on receipt of 50 cents in stamps.

Miss Elizabeth Lordahl of Berkeley, Cal., in a recent letter to Dr. Pierce said: "I was completely broken down in health, I was aching and had pains allower my body and was so nervous that I could scream if anyone talked to me, but I had the good fortune to meet a nurse who had been cured by Dr. Pierce's Prescription. I have never had an occasion to consult a physician sinco—am in excellent bealth."

Dr. Pierce's Pleasant Pellets regulate stomach, liver and bowels—sugar-coated, tiny granules

For Handy Boys and Girls to Make and Do

(Copyright by A. Neely Hall)

By A. NEELY HALL.

A HOME MOVING PICTURE SHOW. The fun of the little moving picture show commences the minute you beas you want it to because there are The very first thing to prepare is | blank book. A book containing such permanently. The effect of its action

the support for the "picture screen," for which you will need a box. Almost any kind of a grocery box will do, approximately 18 inches wide and 2 feet long. Remove the bottom boards of the box (Fig. 1) for a doorway. Then cut a piece of cardboard long enough to reach across the top of the box from side to side (A, Fig 2). Cut an oblong opening in its center as shown and tack to the box edges in the position shown in Fig. 6.

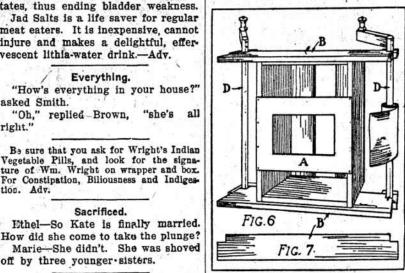
The upper and lower boards B support the picture rollers D. Make them ple bottle can obtain it postpaid by adabout 12 inches longer than the width dressing Dr. W. B. Caldwell, 203 Washof the box, and with a saw cut a 1-inch ington St., Monticello, Ill. A postal square notch in opposite corners, as card with your name and address on shown Figs. 3 and 7. These notches form pockets for the picture-roller ends to set in, and the strips C (Fig. 3), nailed to the edges of boards, B hold the rollers in the notches. Nail boards B to the two ends of the box with the front edges projecting about



an inch beyond the front edges of the box, and with the pair of roller pockets in the upper board directly over the pair in the lower board.

Broom-handles, curtain-poles, or any other wooden sticks that you can find are needed for the rollers D. Cut them of the right length so their tops will stick several inches above the top board B when they are placed in their pockets (Fig. 6). A diagram of a roller is shown in Fig. 4, and a derheumatic twinges. The urine is tail of the crank for turning it is shown in Fig. 5. For the crank (Fig. en get sore, water scalds and you are 5) fasten a thread spool (E) to the end of a short stick (F), and then nail the upper end of the roller to the end Either consult a good, reliable physion of the stick. The nails G (Fig 4) ere driven into the roller, after the that your hair is as pretty and soft cist about four ounces of Jad Salts; roller ends have been slipped into as any—that it has been neglected or take a tablespoonful in a glass of their pockets. Their purpose is to water before breakfast for a few days keep the rollers from slipping up or down (Fig. 6).

The picture strips are made of white cloth and are cut about an inch wider than the oblong opening in the piece for generations to clean and stimulate of cardboard A. To these strips the sluggish kidneys, also to neutralize pictures are pasted. Enough of the strips should be sewed end to end to



make a continuous strip at least 20 feet in length.

That is LAXATIVE BROMO QUININB. Look for the signature of E. W. GROVB. Cures a Cold in One Day, Cures Grip in Two Days. 25c. Select your pictures from newspapers and magazines. Color them with crayons or water-colors, and arrange upon the cloth strip in some interesting order. Fasten them with flour Kross-Who has the custody of the paste. Tack each end of the picture strip to a picture roller, passing the cloth over the front of the opening in Putnam Fadeless Dyes will last unthe piece of cardboard A.

To complete the work, there remains only the enclosing of the front of the framework so the audience cannot see you operating the roller cranks. This is done with cloth. Get a piece large enough to reach from upper board B to lower board B, and from end to end, and tack it to the two edges of these boards, stretching it tightly. Then cut an opening in the center exactly in front of the opening in the piece of cardboad A. A board nailed across the top of the framework will conceal the cranks. Reel the pictures from one roller on to the other, then back again, by turn-

the pictures from the back.

ing first one crank, and then the oth-

er. A light placed inside of the box,

through the doorway, will illuminate

"Agnes" Still Lives. It is not generally known that the inal from whom Dickens drew his inspiration for Agnes in "David Copperfield" is still living. In a flat just off the Cromwell road, in a delightful early Victorian atmosphere that is the real thing and not achieved by a firm of skillful decorators, lives Miss Georgina Hogarth. One can trace in this gracious old lady the charm that attracted Dickens, for Mrs. Hogarth passesses the rare gift of growing old pression, you will find your initials gracefully-London Daily Sketch.

By DOROTHY PERKINS.

AN IMPRESSION SCRAP-BOOK.

A pretty and simple way to pre serve the memories of summer leaves gin work upon it, and it lasts as long and flowers is by taking impressions of them on paper, and then pasting always new pictures to plan and make. the pieces of paper on pages of a

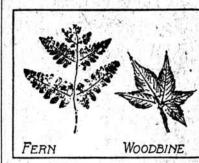


impressions might appropriately called a memory scrap-book.

All the materials necessary for making leaf impressions are several sheets of white paper-common note paper will do 'nicely-a tin or china plate, a piece of cotton rolled up into a ball and covered with a piece of silk or, soft cotton cloth, and about half a teaspoonful of printer's ink, or half a teaspoonful of black shoe-paste mixed with a quarter of that quantity of lard.

Spread a little of the printer's ink or shoe-paste mixture upon the china plate or tin plate. Then taking the little ball of cotton which you have covered with silk or cotton cloth, pat the surface of the plate until the ink or shoe-paste mixture is spread evenly over the center. All is then ready for making the impressions.

Place the lower side of a leaf, the side on which the veins are most prominent, upon the inked surface of the plate. Then lay a blotter, or piece of heavy paper, over the leaf, and press down upon every part to bring the leaf into perfect contact with the inked plate. If you have a small photograph mounting roller, you can get good results by using that to roll down the leaf. After pressing down or rolling down the leaf, remove it carefully, and place the blackened surface on a sheet of white paper and press down as before. Then remove



the leaf, being careful in doing so to lift it without sliding sideways, in order not to blur the impression. You will find a very perfect picture of the leaf impressed upon the paper, with the delicate veins shown extending in all directions, each accurately 10cated, making a much more correct copy of the leaf than you could possibly draw.

Impressions of flowers are more difficult to make than those of leaves, because flowers are more delicate to handle; yet there are many kinds of which splendid impressions can be made.

By using printer's ink of different colors, or coloring the shoe-paste mixture with oil colors, very pretty combinations can be obtained. A little later, when the leaves assume their variegated colors of autumn, you can try your hand at making impressions in as near these colors as you can mix up. And you will be surprised to see how beautiful colored impressions are. The illustrations have been reproduced from a few sample impressions made in black.

With the hundreds of different forms of leaves and flowers to be found in the garden and in the woods, just think of the possibilities for making a large scrap-book, and what a fine thing it will be to have such a book to refer to. Of course you must find out the names of all the leaves and flowers you make impressions of, and write them below the impressions, so you will feel well enough acquainted



with them next time you see them to call them by name.

Besides making a memory scrapbook, another novel idea that you girls can try is that of decorating your letter paper with impressions of dainty ferns and grasses. This will make your paper different from that of your girl friends. If you want to have your monogram on your paper, in addition to the leaf impression, cut your initials in the leaf with a penknife. Then when you make the im-

# No Rest-No Peace

person whose kidneys are out of order. Lame in the morning, suffering cricks in the back and sharp stabs of pain with every sudden strain, the day is just one round of pain and trouble. It would be strange if all-day back-

ache did not wear on the temper, but it is not only on that account that people who suffer with weak kidneys are nervous, cross and irritable. Uric acid is poison to the nerves, and when the kidneys are not working

well, this acid collects in the blood and works upon the nerves, causing headache, dizziness, languor, an inclination to worry over trifles, and a suspicious, short temper. Rheumatic pain, neuralgia, sciatica,

lumbago, neuritis and gravel are further steps in uric acid poisoning.

Don't neglect kidney weakness. An aching back, with unnatural passages of the kidney secretions, is cause enough to suspect the kidneys. Use Doan's Kidney Pills, a remedy which has been used for years, the world over, for weak kidneys, backache, in regular kidney action and uric acid



trouble. Thousands of grateful recommendations throughout the country

A PHYSICAL WRECK New York City Woman Tells of Awful Suffering

Mrs. Edith Dykeman, 154 W. 84th St., New York City, N. Y., says: "Three years ago I was so run down in health that I was a nervous wreck. I was a afflicted with a severe case of disordered kidneys and doctors treated me without benefit. My kidneys acted either too freely or else the action was retarded and the passages of the secretions caused me much pain. My back ached frightfully day and night and I often rolled and tossed for hours, unable to go to sleep. In the morning I felt all worn out and was hardly able to do my housework. Whenever I stooped to pick up anything from the floor, I was hardly able to straighten again. I had terrible dizzy spells and specks seemed to be floating in front of me. If I walked up or down stairs, I was completely worn out from weakness. The least excitement brought on an attack of nervousness and I got so bad that it was hard for me to be up and around. My health-was all run down. Someone advised me to take Doan's Kidney Pills and the first few doses helped me. I kept right on until I was entirely cured and I am now in the best of health. I feel like a different woman and Doan's Kidney Pills alone deserve the credit."

# "When Your Back is Lame-Remember the Name"

Overpayment

A certain statesman, condemning the international marriage that is, based on mercenary and sordid grounds, said in Washington:

"Another pretty American countess she inherited eight millions from her father's wholesale hardware plant figures. has found marriage a disappointment.

"Her dyed and corseted old husband said bitterly to her one day:

"'Ours was a business marriage. You bought my title with your millions, as you'd buy a yard of cloth in a shop.

"Yes.' blazed the young countess, 'yes-but I ought to have got some change!""

Home Medicine Chest. Keep your medicines in one place, out of reach of children. Be sure to have Hanford's Balsam of Myrrh on hand for emergency use. It should take the fire out of burns, heal cuts, remove soreness and be worth many times over its cost. Adv.

Plaster. "They say absinthe is the favorite French drink."

"Plaster of Paris, eh?" Obstinate sores should be cured by

Hanford's Balsam. Adv. Queer Reasons for Pride. Some weeks ago when the Volturno burned in midocean a few of the men rushed the boats and were knocked down by the captain. What becomes of such men in after days? Do they hide in shame from their fellows, fearful that they may be recognized and their infamy proclaimed? Not necessarily. A public librarian was once visited by a man who came to him for a book on notable shipwrecks. He searched the pages eagerly, then pointed out a passage referring to a seaman who tried to take a woman's place in a lifeboat, and had been shot by the captain. "I'm that man," he declared, proud that his exploit should appear in print, and offered to show the shot wound to support his claim!

Mistaken Sneer.

"It is cheaper, not dearer, to consult a specialist," said Dr. Sinon Flexner, head of the Rockefeller institute, at a medical dinner. "It is very stupid and erroneous to

hold the opinions of Blank, to whom a friend said: "'Was the doctor who examined your lungs a specialist?'

"'No I don't think so.' Blank succeed. 'He couldn't find anything the matter with 'em.' "

Making Conversation. Smith (on steams in midocean)--Gaing across, old chap? Brown-Yes. You?

ANOTHER COFFEE WRECK What's the Use When There's an Easy Way Out?

Along with the coffee habit has grown the prevalent "American Dis-

ease"-nervous prostration. The following letter shows the way out of the trouble:

"Five years ago I was a great coffee drinker and from its use I became so nervous I could scarcely sleep at all nights. My condition grew worse and worse until finally the physician I consulted declared my troubles were due to coffee.

"But being so wedded to the bevas that meal seemed incomplete without coffee.

"On a visit, my friends deprived me of coffee to prove that it was harmful. At the end of about eight days I was less nervous, but the craving for coffee was intense, so I went back to the old habit as soon as I got home and the old sleepless nights came near making a wreck of me.

try it. I did not like it at first, because, as I afterwards discovered, it was not made properly. I found, however, that when made after directions on the package, it was delicious. "It had a soothing effect on my

nerves, and none of the bad effects that coffee had, so I bade farewell to coffee and have used only Postum since. The most wonderful account of the benefit to be derived from Postum could not exceed my own experience."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of "The Road to Wellville."

Postum now comes in two forms: Regular Postum-must be well

boiled. Instant Postum-is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds. "There's a Reason" for Postum.

Snall's Real Pace. "At a snail's pace" is a common ex

pression and usually signifies very slow gait, but what do you suppose is the actual speed by a snail in traveling? We can give it to you in accurate

One foot in four minutes, or at the

rate of one mile in 16 days, if traveling continuously. These are figures given by George Zahnizer, a civil engineer of this city,

taken from actual observation. A short time since Mr. Zahnizer was standing along the Western New York & Pennsylvania railroad waiting for a train. He had nothing in particular to do and "killed a little time" by timing a snail which was creeping along the

ground: That snail traveled just exactly one foot in four minutes, Mr. Zahnizer says, and computing distance at the rate of travel shown Mr. Zahnizer has figured out that it would require 16 days for that snail to move a mile.

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses, the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sours, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrug of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels. Ask at the store for a 50-cent bottle

of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Deathless Fame. "I would rather have written the 'Elegy in a Country Churchyard' than be as rich as Rockefeller." "Why?"

"How can you ask? The author of that poem won deathless fame," "Did he? Who was the chap?" "Let's see. His name has escaped

me; but it certainly is great stuff,

all right."

SAGE TEA AND SULPHUR DARKENS YOUR GRAY HAIR

Look Years Younger! Try Grandma's Recipe of Sage and Sulphur and Nobody Will Know.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching erage I did not see how I could do scalp and stops falling hair. Years without it, especially at breakfast, ago the only way to get this mixture was to make it at home, which is mussy and troublesome. Nowadays we simply ask at any

drug store for "Wyeth's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Everybody uses this old, famous recipe, be cause no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen "I heard of Postum and decided to a sponge or soft brush with it and one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger.

> Prepared. "I told you to look sharp, didn't I?" "Well, I guess I did. I had an edge

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate, stomach, liver and bowels. Sugar-coated tiny granules. Adv.

The man who attends strictly to his own business is never overworked.

Peery's Vermifuge "Dead Shot" kills expels Worms in a very few hours.

Poverty is no disgrace, but wealth can't always say as much.

## Sprains, Bruises Stiff Muscles

are quickly relieved by Sloan's Liniment. Lay it on—no rub-bing. Try it.

I sprained my ankle and dislocate hip by falling out of a third stone ow. Went on crutches for for other. Then I started to use you

# SLOANS Kills Pain





Read Carefully! If you will agree b

Send for Free \$10-a-Day Book Get Started New! Don't let anybody Don't Waste a Minetel you ever had. A Do our splendid ble Book, complete certif — samples, tape massure, blanks, full instructions—savervining them, as costs You can't lose—but you must act quick—Todayi. Write RELIABLE TAILORING CO., 919B W. Jacksus Boal, Chicago

# Why Scratch?



"Hunt's Cure" is guaranteed to stop and permanently cure that terrible itching. It is compounded for that purpose and your money will be promptly refunded WITHOUT QUESTION if Hunt's Cure fails to cure Itch, Eczema, Tetter, Ring Worm or any other Skin Disease. 50c at your druggist's, or by mail direct if he hasn't it. Manufactured only by A. B. RICHARDS MEDICINE CO., Sherman, Texas



REE TO ALL SUFFERERS THERAPION

Bettits Eye Salve GRANULATED

FOR SALE—82 A. IN GASTON CO., N. C.: 12 a. cult., all tillable, 7 r. house, barn, out-bldgs. Addr. Wm. T. Walker, Stanley, N. C.

